

PREPARING THE SHAD

DELICIOUS FISH MAY BE SERVED IN MANY WAYS.

Planked is, of Course, the Most Popular, and Probably the Best—Never Should Be Fried—Salads to Go With It.

There is no more tempting or delicious dish than shad.

Shad may be prepared in many ways; probably the most popular is planked shad. Many housewives think such a dish out of the question, but all that one needs is a good hot fire and a plank. Be sure, however, to season and garnish your fish before it is placed on the table, or it will not be a success.

You ask how can I get a plank? A carpenter will make you one of oak about two inches thick for the small sum of 50 cents. It can be used indefinitely for the constant charring of the wood, only adds to the flavor of the fish.

To plank shad first wash and wipe the whole fish thoroughly. Sprinkle with salt and pepper, then fill it with this stuffing: Two cupfuls of bread crumbs or mashed potatoes, a grating of onion, a tablespoonful of parsley, butter the size of an egg.

With a sharp knife cut three or four slits in the upper side of the fish, and put a thin slice of bacon in each opening. It should be baked in a moderate oven for 30 minutes. If you cook with gas bake it for part of the time in the oven, then brown and finish under the flame.

The proper salads to serve with shad are watercress and tomato, cucumbers and onions, or a salad of radishes cut thin and laid on lettuce leaves.

Broiled shad may be accomplished with the ordinary broiler, but great care should be taken lest the fish is seared, if it is cooked over the open coals. Wise housewives never fry shad, as it is apt to absorb the grease and it loses much of its dainty flavor, if prepared in this manner.

An unusual recipe for shad is to put it in a sour pickle, and let it remain there for a day or so, then serve for a light supper. The shad should be cut in squares about three inches square, then boiled for 20 minutes. Heat some vinegar, season with pepper and salt, and crush some allspice in it. Pour this hot over the fish and keep it tightly covered for several hours before serving. It is delicious, as the bones are softened, and the flesh tender and juicy from the vinegar in which it has lain.

Halibut a La Flamande.
Cover the bottom of a baking-dish with two tablespoonfuls each of minced onion and celery and one of parsley. Place on this the fish, after dusting it with salt and pepper to taste and brushing with melted butter. Bake in a quick oven. Put two tablespoonfuls of butter in a pan, add two of flour and mix; add one pint of cooked strained tomatoes and stir until boiling; add one-half teaspoonful each of mace and white pepper. Strain this around the fish and serve with boiled potato balls basted with melted butter and dusted with minced parsley.—Woman's Home Companion.

Using Lemon Rinds.
Everyone will be glad to know of a way to save your lemon rinds after making lemonade. Remove as much as possible of the pith, cut the rinds in strips, with scissors, about one-quarter inch wide. Get one pint of pure grain alcohol and put in a glass jar; into this drop the strips of lemon until you have used 15 lemons. They do not all have to be put in at the same time. The whole amount should stand a week. Then strain through fine muslin. That is all there is to it and you have the pure article with no coloring or flavoring and it is a fine essence.

Stuffed Corn Beef.
This is a somewhat unusual way of cooking a familiar meat, and makes a pleasant variety. Select a lean, chunky piece and after cooking or soaking it in fresh water, to remove the brine, make several deep incisions in it. Fill these cuts with bread stuffing highly seasoned with pepper and onion. Tie the stuffed meat tightly in a cloth, dip it in vinegar, and then simmer it in boiling water. Allow 20 minutes for each pound of meat. Drain before untying the cloth.

Rice and Apples.
One cupful of rice and five large cooking apples. Wash the rice well in several waters, pare and slice the apples; cover with water. When boiled sweeten to taste. Eat with cream. To make it look nice whip the whites of two eggs, sweeten, cover the dish, brown in the oven for a minute, take out and put drops of current jelly on top.

Orange Filling.
One-half cup sugar, two level tablespoonfuls cornstarch, grated rind one-half orange, one-third cup orange juice, one tablespoonful lemon juice, one egg beaten slightly, one teaspoonful melted butter.
Mix the ingredients and cook in double boiler for 12 minutes, stirring constantly. Cool before using.

Cutting Hot Bread and Cake.
When cutting hot cake or bread, if the knife is heated first it will prevent them crumbling.

Of One Mind.
Foxy Uncle (after leaving the curio shop, showing his nephew the way to buy curios)—"There you are, you see. When you are dealing with people like that just hargle the point a bit, and down comes the price ten shillins." Curio Dealer (to his nephew)—"There you are, my boy. When you're dealing with a man like 'im, and you see as 'ow 'e's going to hargue the point a bit, all you've got to do is to put the price up ten shillins to start with."—Sketch.

Light From the Earth.
The darkest part of the sky is always aglow. The earth itself gives off a lot of light. Scientists of the Franklin Institute have measured this earth light and have found that it is of the order of one-tenth part of the intensity of a star of the first order of magnitude. It is attributed, at least partially, to a permanent aurora borealis which is revealed by the characteristic green ray observed on obscure nights in the whole heavens.

Bad News.
Small Peter, disguised as a district messenger, was delivering play telegrams to his sisters, who were improvising dispatches of a more or less startling nature. When it came Lillian's turn, she read aloud from her bit of yellow paper, amid finely simulated wails of woe: "Railroad wreck. I was instantly killed. Your loving husband."

Soldier's Most Trying Position.
The average soldier finds the most terrifying position to be that of standing motionless in the front rank, exposed to the enemy's fire without being able to reply. The order to advance or to charge with fixed bayonets is then received as a release from agony. Movement, even into greater peril, distracts the mind and greatly reduces the mental anguish.

No Chances for Him.
A dealer selling cloth in a small town asked an Irishman who was passing if he would buy a suit length, and added: "You can have it for ten bob." To which Pat replied: "Begob, sir, if tuppence would buy the makings of a topcoat for an elephant I couldn't buy the makings of a pair of leggings for a canary this minute."

Shrewd Elopement Trick.
The newest elopement trick was recently worked in Switzerland, where the parents of the couple went on a trip to the top of a mountain. While they were there the couple got a bob-sled, coasted down the mountainside and were away on an express before the parents could get down the mountain on the railway.

Nervous?

Mrs. Walter Vincent, of Pleasant Hill, N. C., writes: "For three summers, I suffered from nervousness, dreadful pains in my back and sides, and weak sinking spells. Three bottles of Cardui, the woman's tonic, relieved me entirely. I feel like another person, now."

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